This appliance conforms to the following EEC Directives:

Low Voltage Equipment
73/23/EEC
93/68/EEC

Electromagnetic Compatibility
89/336/EEC
92/31/EEC
93/68/EEC

CE

Creda

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Cooker Instruction and Recipe Book

Model 48444

Creda

You must read these instructions prior to using the appliance and retain them for future reference.

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Introduction to Creda Cooker

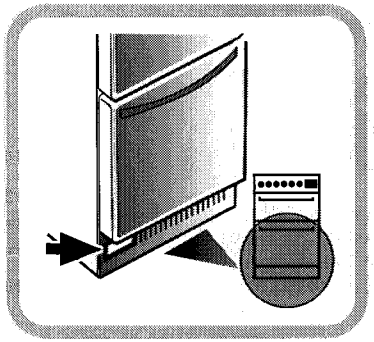
Your new cooker is guaranteed and will give lasting service. **This guarantee is only applicable if the appliance has been installed in accordance with the installation instructions detailed in this booklet.**

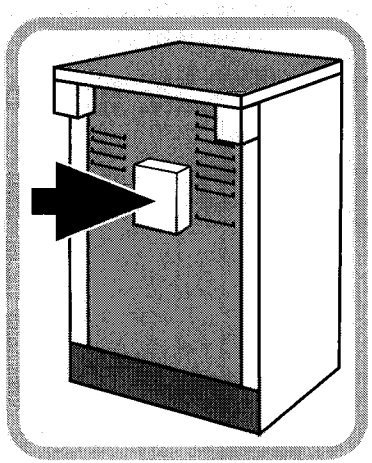
To help make the best use of your Creda cooking equipment please read this booklet carefully.

The cooker is designed specifically for domestic use and responsibility will not be accepted for use in any other installation.

When the cooker is first used a slight odour may be emitted by the oven lagging insulation – this should cease after a short period of use.

Installation





WARNING – THIS APPLIANCE MUST BE EARTHED.

Your cooker should have been checked to ensure that the voltage corresponds with your supply voltage, this is stated on the **rating plate**, which is situated on the front of the plinth. For your own safety, we recommend that your cooking appliance is installed by a competent person – such as one who is registered with NICEIC (National Inspection Council for Electrical Installation Contracting.) The cooking appliance should be installed in accordance with the latest edition of the IEE regulations. A suitable double-pole control unit with a minimum rating of 30A and a minimum contact clearance of 3mm should be fitted adjacent to the cooker, in accordance with IEE regulations.

The power supply cable should conform to B.S.6004 with a conductor size of 6mm^2 minimum.

The control unit should be easily accessible in the event of an emergency, but must be within 2 metres of and not directly above an appliance.

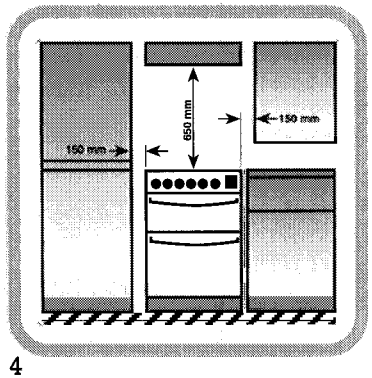
This appliance conforms to EN 55014 regarding suppression of radio and television interference.

Access to the **mains terminals** is gained by removing the **rear access cover.**

The mains cable must pass through the cable clamp adjacent to the terminal block. Sufficient cable should be used to allow the cooker to be pulled out for servicing.

Ensure that the mains cable is routed away from any brackets affixed to the rear panel and is not trapped to the rear wall when pushing the cooker into position between cabinets.

Siting the Cooker



The cooker is designed to fit between kitchen cabinets spaced 500mm apart. The space either side need only be sufficient to allow withdrawal of the cooker for servicing. It can be used with cabinets one side or both as well as in a corner setting. It can also be used free-standing.

This cooker is a class X appliance, as such adjacent side walls which project above hob level, must not be nearer to the cooker than 150mm and should be protected by heat resistant material. Any overhanging surface or cooker hood should not be nearer 650mm.

Service

If there is still a problem with your cooker then contact your nearest Service Centre; please see separate Service Leaflet for details.

Please have the following information available:

1. Your name, address and postcode.
2. Your telephone number.
3. Model number of cooker, which is found on the rating plate – see installation.
4. Clear and concise details of the fault.
5. Where and date of purchase.
6. Details of any Creda Service Schemes.

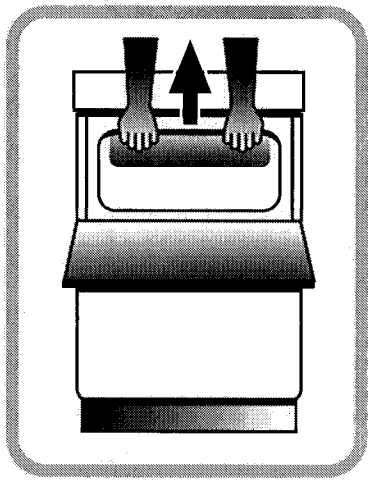
If you have any queries regarding Service and Spares, our Spares and Service division will be pleased to help.

You should write to:– Creda Ltd.,
Spares and Service Division
CredaCare Building, Creda Works
Blythe Bridge, Stoke-on-Trent
ST11 9LN. or telephone 01782 388300.

Note: Our engineer will use every effort to avoid damage to floor coverings and adjacent units when carrying out repair/service work but in locations where the Engineer advises you that it will be impossible to move the appliance without risk of damage, the Engineer will only proceed with your approval that no liability is accepted.

Installation

Moving the Cooker



Before moving your cooker, switch off at the cooker control unit, ensure that it is cool.

Movement of your cooker is most easily achieved by lifting the front as follows:
Open the grill door sufficiently to allow a comfortable grip on the underside front edge of the oven roof, avoiding any grill elements.

Note: Take care in moving the cooker as it is heavy. Take care to ensure that any floor covering is not damaged.

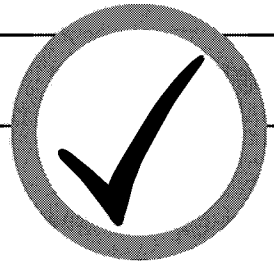
Splash Panel Kit (Wall Mounted)

Splashplate optional, apply to Creda Spares Department.

Product Specification

Supply Voltage	230V AC Only		240V AC Only
Supply Frequency	50Hz		50Hz
Total Wattage	9.6kW		10.5kW
Grill Wattage	1.8kW		2.0kW
Main Oven Wattage	2.3kW		2.5kW
Left Front Hotplate	1.65kW		1.8kW
Left Rear Hotplate	1.1kW		1.2kW
Right Rear Hotplate	1.65kW		1.8kW
Right Front Hotplate	1.1kW		1.2kW
Grilling Area	900cm^2		
Top Oven Capacity	28 litres		
Main Oven Capacity	51.5 litres		
External Dimensions Excluding Handles	H 900m	W 500mm	D 595mm

For Your Safety



When used properly your Creda appliance is completely safe but as with any electrical product there are certain precautions that must be observed.

PLEASE READ THE PRECAUTIONS BELOW BEFORE USING YOUR APPLIANCE.

Always

- Always make sure you remove all packing from inside the oven and grill compartments before switching on for the first time.
- Always make sure you understand the controls prior to using the appliance.
- Always keep children away from the appliance when grilling as the surfaces will get extremely hot during and after use.
- Always make sure all controls are turned off when you have finished cooking and when not in use.
- Always stand back when opening an oven door to allow any build up of steam or heat to disperse.
- Always use dry good quality oven gloves when removing items from the oven/grill.
- Always place pans centrally over the hotplate making sure handles are kept away from the edge of the hob and cannot become heated by other hotplate/pans.
- Always take care to avoid heat/steam burns when operating the controls.
- Always turn off the electricity supply at the wall switch before cleaning and allow the appliance to cool.
- Always make sure the shelves are in the correct position before switching on the oven.
- Always keep the oven and grill doors closed when the appliance is not in use.
- Always take care when removing items from the grill when the lower oven is on as the contents will be hot.
- Always keep the appliance clean, as a build up of grease or fat from cooking can cause a fire.
- Always follow the basic principles of food handling and hygiene to prevent the possibility of bacterial growth.
- Always keep ventilation slots clear of obstructions.
- Always refer servicing to a qualified appliance service engineer.

Safety Advice

In the event of a chip pan fire or any other pan fire.

1. TURN OFF THE COOKER APPLIANCE AT THE WALL SWITCH.
2. COVER THE PAN WITH A FIRE BLANKET OR DAMP CLOTH, this will smother the flames and extinguish the fire.
3. LEAVE THE PAN TO COOL FOR AT LEAST 60 MINUTES BEFORE MOVING IT. Injuries are often caused by picking up a hot pan and rushing outside with it.

NEVER USE A FIRE EXTINGUISHER TO PUT OUT A PAN FIRE as the force of the extinguisher is likely to tip the pan over.
Never use water to extinguish oil or fat fires.

Something Wrong with your Cooker?

Before contacting your Creda Service Centre/Installer, check the problem guide below.

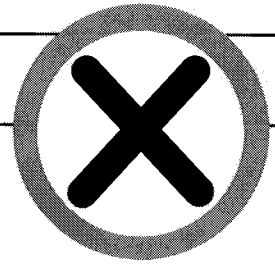
Problem	Check
Slight odour or small amount of smoke when using the cooker for the first time.	This is normal and should cease after a short period.
Cooker does not work at all.	Check that the switch on the control unit is in the on position. If so check that the main fuse has not blown.
Oven temperature seems too high or too low.	Check that the temperature has been set in accordance with the temperature charts. It may be necessary to increase or decrease the recommended temperature by up to 10°C to suit your taste.
Oven does not cook evenly.	Check that the temperature and shelf position are as recommended in the temperature charts. Check that the containers being used in the oven allow sufficient air flow around them. Check that the cooker is level.
Hotplates are slow to boil or will not simmer.	Check that your pans conform to the recommendations in these instructions.
Grilling is uneven.	Check that the grill pan has been correctly positioned.

Cooking Results Not Satisfactory?

Problem	Check
Grilling Uneven cooking front to back	Ensure that the grill pan is positioned centrally below the grill element.
Fat splattering	Ensure that the grill is not set to too high a temperature.
Oven Baking Uneven rising of cakes	Ensure that the oven shelves are level by using a spirit level on the rod shelf and adjusting, using suitable packing e.g. wood, under the feet of the appliance. This should be checked both left to right and front to back. Ensure that the food is positioned centrally in the oven.
Sinking of cakes	The following may cause cakes to sink: 1. Preheat of fan ovens. 2. Cooking at too high a temperature. 3. Using normal creaming method with soft margarine.
Over/Under cooking Fast/Slow cooking	Refer to the cooking times and temperatures given in the oven temperature charts, however, it may be necessary to increase or decrease temperatures by 10°C to suit personal taste. Do not use utensils greater than 2¼ ins in height.
Nothing Works	Is the main cooker wall switch turned on? Timer not working, there may be no electricity supply.
Uneven cooking of cakes	1. Too large baking sheet used. (See 'Cookery Notes') 2. Over loading of oven and always ensure even air gaps around baking tins.
Uneven rising of cakes	Ensure that the shelf is level (see above) and that the food is positioned centrally in the oven.
Food is taking too long to cook	Ensure that the cooking utensil used in the top oven is not larger than 12ins x 9ins, e.g. the main oven meat pan. Only cook one item at a time to avoid overloading the oven.
Main oven does not not work. Grill works.	Ensure the timer is set to manual.
Grill does not work. Main oven works.	Operating the cooker under the following conditions may cause a safety cut-out to operate: a) grilling with the top oven door shut; b) grilling for excessive long periods at maximum settings. Switch off the appliance and allow the cooker to cool for approx. 30 minutes. Switch the cooker back on again and check that the grill is now operating correctly.
Grill keeps turning on and off.	When the grill control is operated at a setting less than hi, this is normal regulator operation, **not** a fault.
Timer buzzing	Turn the lower knob of the timer until the minute minder finger points exactly at symbol.

Should you require any advice concerning cooking please contact:–
The Home Economist, Creda Ltd., PO Box 5, Creda Works,
Blythe Bridge, Stoke-on-Trent. ST11 9LJ

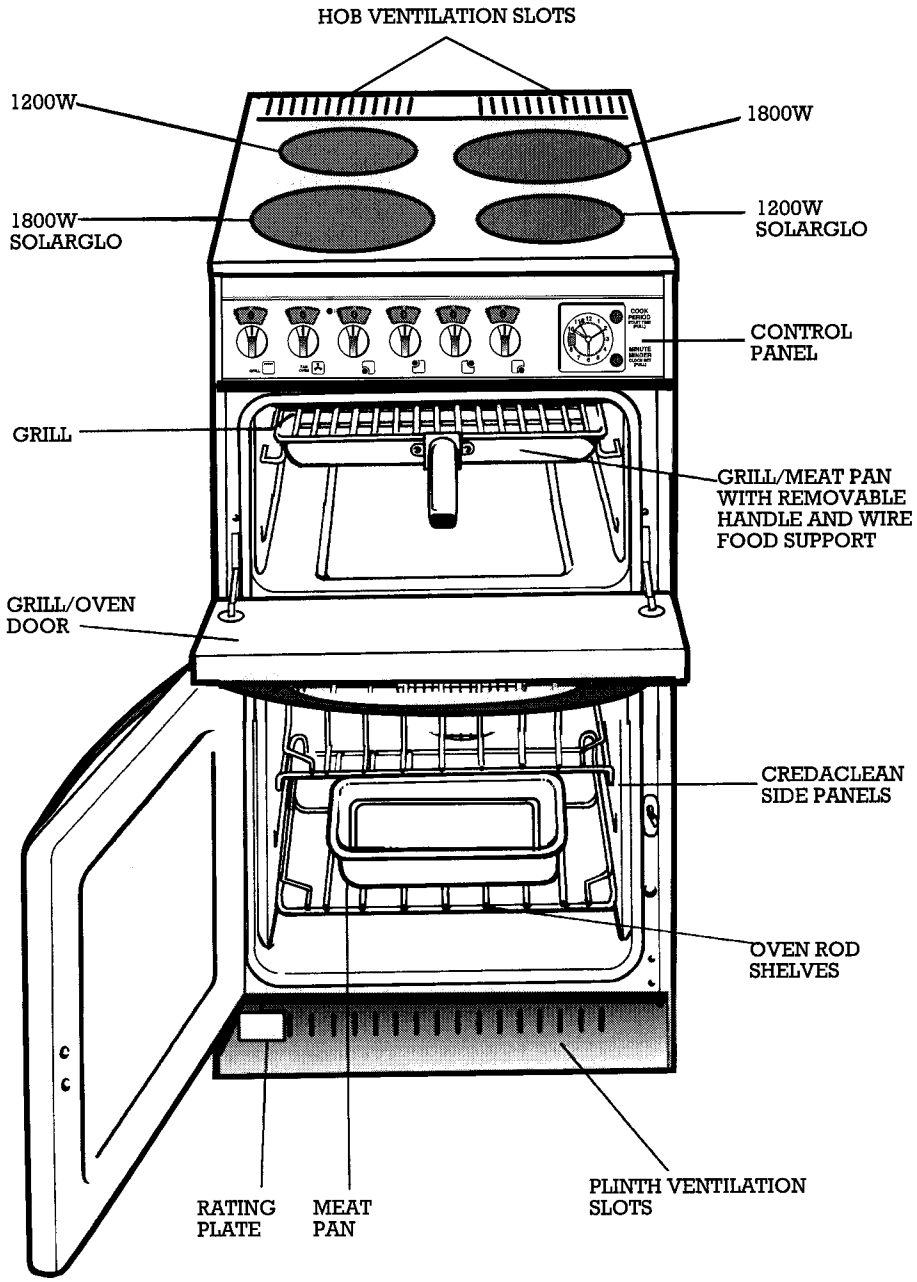
For Your Safety



Never

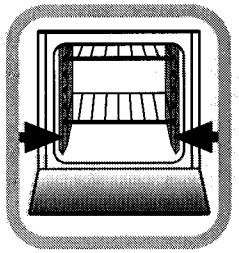
- Never leave children unsupervised where a cooking appliance is installed as all surfaces will be hot during and after its use.
- Never allow anyone to sit or stand on any part of the appliance.
- Never store items above the appliance that children may attempt to reach.
- Never leave anything on the hob surface when unattended and not in use.
- Never remove the oven shelves whilst the oven is hot.
- Never heat up unopened food containers as pressure can build up causing the container to burst.
- Never store chemicals/food stuffs, pressurised container in or on the appliance, or in cabinets immediately above or next to the appliance.
- Never place flammable or plastic items on or near the hob.
- Never fill a deep fat frying pan more than 1/3 full of oil, or use a lid. DO NOT LEAVE UNATTENDED WHILE COOKING.
- Never operate the grill with the grill door closed as this will cause the appliance to overheat.
- Never use the appliance as a room heater.
- Never use the grill to warm plates.
- Never dry any items on either the hob or oven doors.
- Never install the appliance next to curtains or other soft furnishings.

Features



Care and Cleaning

How 'Credaclean' Works



The surface of the 'Credaclean' oven liners are treated on the mottled face with a special vitreous enamel which absorbs cooking soils. At temperatures of 220°C (425°F) or above, the special surface enables these soils to be slowly destroyed. The higher the temperature the more effective it is. In most cases normal cooking operation at this temperature will permit this cleaning operation to proceed during cooking. However if higher cooking temperatures are not used regularly it may be necessary, to prevent heavy soiling, to run the oven without a meat pan at maximum setting for a couple of hours. This may be necessary once a month or once every two or three months depending on the type and amount of oven cooking.

Oven Liners – sides
It should not normally be necessary to clean the 'Credaclean' panels in water. If desirable remove the rod shelves and the side panels and wash them in warm soapy water, followed by rinsing in clean water.

Care and Cleaning

Take care during cleaning not to damage or distort the door seal. Do not lift the door seal from the oven chassis, if necessary remove the seal by carefully unhooking the corner clips.
Take care that the rating label edges are not lifted during cleaning, and furthermore that the lettering is not blurred or removed.

Grill

Remove the grill pan and the wire grid food support, it is best to wash these items immediately after use to prevent stains from being burnt on when used again. Wipe out the grill compartment using a fine steel wool soap pad to remove any stubborn stains left on the floor of the compartment.

Door Glass

Wipe over the door decorative outer panels with a cloth wrung out in hot soapy water, then after wiping with a cloth wrung out in clear water, dry with a soft clean cloth. **Ensure that the glass panels are not subjected to any sharp mechanical blows .**

Inner Glass Door – open the door fully and unscrew the two screws securing the glass panel, taking care not to allow the glass to fall. The glass panel may now be washed at the sink. Stubborn stains can be removed by using a fine steel wool soap pad. **Ensure the glass panel is not subjected to any sharp mechanical blows.** Take particular care not to damage the inner surface which is coated with a heat reflective layer. After cleaning, rinse and dry with a soft cloth. For slight soiling the inner glass panel may be cleaned, while still warm, without removing it from the door.

Oven Lamp

Warning: Oven must not be operated with inner door glass removed.

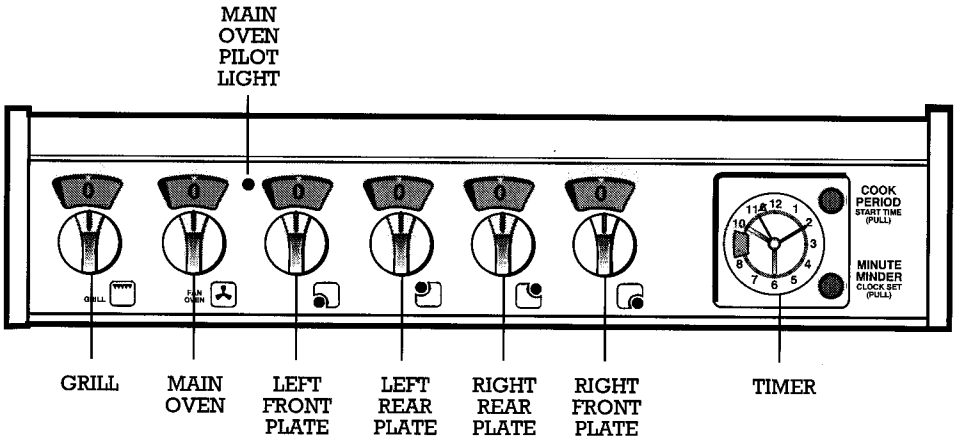
Main Oven

Warning Disconnect the appliance from the electrical supply before replacing the oven lamp.

Stubborn stains can be removed by using a fine steel wool soap pad.

Refer to the instructions below for cleaning the 'Credaclean' panels. Remove the rod shelves and meat pan for washing at the sink. Use a fine steel soap pad for removing stubborn stains from the meat pan, rod shelves and floor of the oven.

Control Panel



Control Knobs

The knobs for the hotplates and grill can be rotated in either direction to provide variable heat control, the Main Oven knob can only be rotated clockwise from the **Off** position.

Note: Always ensure that all controls are in the OFF position, when the appliance is not in use.

SLOW Cooking

The main oven has a SLOW setting specially designed to reduce energy usage. Full details of this can be found in the SLOW recipe section of this booklet.

Operating the control when the grill is in use

In common with all cookers having controls sited above the grill compartment, care must be taken when setting the controls, due to hot air being emitted from the grill compartment.

Cooling fan

A gentle flow of air will be blown below the control panel when either the oven or grill is in use. This is a safety feature that ensures the control panel surface temperatures and control knobs are kept cool.

Automatic Cooking

Automatic Cooking

The Fan Oven can be controlled by the automatic timer.

The timer will automatically switch the oven on and off at the pre-selected 'Start' and 'Stop' times.

DO NOT use the grill when the oven is set to cook automatically.

Hints on Automatic Cooking

1. Select foods which will take the same time to cook and require approximately the same temperature.
2. Set the oven timer so that the food has just finished or about to finish cooking on your return to the oven. This will ensure the food has not cooled down and does not require reheating before serving.
3. Food should be as cold as possible when it goes into the oven ideally straight from the refrigerator. Frozen meat and poultry should be thawed thoroughly before it is put in the oven.
4. We advise that warm food should never be placed in the oven if there is to be a delay period. Stews prepared by frying the meat and vegetables should be cooked as soon as possible.
5. We advise dishes containing left-over cooked poultry or meat, for example Shepherds Pie, should not be cooked automatically if there is to be a delay period.
6. Stews and joints should be cooked by the long slow method, so that the delay period is kept to a minimum.
7. On warm days, to prevent harmful bacterial growth in certain foods (ie poultry, joints, etc) the delayed start should be kept to a minimum.
8. Wine or beer may ferment and cream may curdle during the delay period, so it is best to add these ingredients just before serving.
9. Foods which discolour should be protected by coating in fat or tossing in water to which lemon juice has been added, prior to placing food in the oven.
10. Dishes containing liquid should not be filled too full to prevent boiling over.
11. Foods should be well sealed (but not airtight) in a container to prevent the loss of liquid during cooking. Aluminium foil gives a good seal.
12. Ensure food is cooked thoroughly before serving.

Care and Cleaning

TURN OFF THE MAIN SWITCH BEFORE CLEANING. Before switching on again, ensure that all controls are in the off position.

The ceramic hob

To reduce the amount of cleaning always ensure that the hob and cooking utensils are clean and dry before use. Regular use of cleaner conditioner is recommended for proper care and protection of the hob surface. Apply conditioner before using the hob for the first time. It contains a mild cleaning agent, so that subsequent applications may clean off soil and apply a protective film at the same time. For stubborn stains or heavy soiling use any of the following materials, and finish off with conditioner.

1. Jif, non-scratch scouring cream.
2. Liquid Gumption Kitchen Cleanser.
3. Special Powder Cleanser.

Notes:

1. **Powder Cleanser** – Mineral deposits that are present in hard water, and some foods, may cause 'discolourations' that appear in the form of grey or brown stains. The stains sometimes appear to be in or under the glass surface. If there are some persistent stains after using any of the other recommended cleaning materials, powder cleanser may be applied, following the manufacturers instructions. **Do not** use abrasive cleaners or the powder cleanser on the painted metal framework.
2. **Cleaner Conditioner** – Regular use of the conditioner will make the surface easier to clean thus ensuring that years of heavy abrasive cleaning do not progressively dull the surface.

Cleaning materials to avoid

1. Plastic or nylon pads e.g. Scotchbrite and Vileda scourers, these may scratch the surface.
2. Household abrasive powders, e.g. Vim.
3. Oven chemical cleaners, aerosols and oven pads.
   Caustic cleaners such as these will etch the surface and attack the metal frame.
4. Bath and sink cleaners may mark the surface.

Important notes

1. If the hob is scratched through accident or misuse, soil that collects will appear as fine brown lines; these are not fully removable but can be made less obvious by the daily use of cleaner conditioner. Cooking performance is in no way affected by scratches on the surface.
2. Pans with aluminium bases should be lifted rather than dragged across the hob surface. This will avoid metal rubbing off the pan onto the glass. Such marks are easily removed by the powder cleanser provided they are not subsequently baked on for long periods at high temperatures.

In the unlikely event of the ceramic hob surface cracking, isolate the cooker by switching it off at the **main switch**, and contact the nearest service depot, see separate service leaflet. **Do not** continue to use the cooker until it is repaired.

'Slow' Setting Menus

Hob

Method

Lamb with Lentils

2 tablespoons olive oil
450g (1lb) leg of lamb, cut into chunks
1 onion, peeled and chopped
2 garlic cloves, crushed
1 teaspoon ground coriander
1 teaspoon ground cumin
100g (4oz) red lentils
1 tablespoon tomato puree
250ml (1/2 pint) lamb stock
4 tomatoes, skinned and cut into wedges
1 tablespoon fresh parsley, chopped
Salt and Pepper

1. Heat the oil in a large pan, add lamb and fry for 5 minutes. Add the onion, garlic, coriander, cumin. and seasoning, cook for 5 minutes.
2. Add the remaining ingredients and bring to the boil.
3. Reduce heat to a simmer setting, cover pan and cook for 30-40 minutes until most of stock is absorbed.

Braised Beef. Serves 4

2 tablespoons oil
1kg (2lb) lean, boned joint of beef
Salt and pepper
1 teaspoon mixed herbs
1 onion, chopped
3 sticks celery, chopped
1 leek, sliced
3 medium carrots, chopped
375ml (3/4 pint) stock (substitute wine for part or all the stock if desired)
Bay leaf
2 teaspoon tomato puree
25g (1oz) butter } Blended to a
25g (1oz) plain flour } paste.

1. Heat the oil on maximum setting for 2-3 minutes. Brown the meat well in the oil. Season with salt and pepper. Add the mixed herbs.
2. Add the onion, celery, leek and carrots and cook until golden brown. Add the stock (or wine if used), bay leaf and tomato puree. Stir well.
3. Reduce heat to a simmer setting. Cover with lid and cook for 1-1 1/2 hours until the meat is cooked. Transfer the meat and vegetables to a warm serving dish. Serve with the gravy. If a thicker gravy is required gradually add the butter and flour paste to the stock and cook, stirring, until thickened.

Oven Timer Operation

To Set Time of Day

1) Make sure the main switch is **On.**
2) The timer is controlled by the electric clock. Check that the clock is at the correct time of day if not set the time, by pulling the lower knob (B) and turn clockwise to the time of day. (N.B. Ensure that the minute minder pointer remains at, or is returned to the position.) Refer to minute minder.

To Set the Timer to switch ON and OFF automatically (max. cooking period 3 hrs.)

1) Firstly select the automatic function by turning the upper knob (A) clockwise to the position indicated in the window.
2) Set the start time by pulling the upper knob (A) and turning clockwise to the required start time.
3) Set the cooking period by turning the upper knob (A) clockwise to the required cooking period indicated in the window.
4) Turn the oven control to the required cooking temperature.
5) The oven will be automatically switched ON at the required start time and switch OFF when the cooking period has elapsed. A bell will ring for approximately 4 minutes. This can be cancelled by turning the upper knob (A) clockwise to the position indicated in the window.
6) When the meal has been cooked, always turn the oven control OFF and return the timer to manual by turning the upper knob (A) clockwise to the position indicated in the window.

To set the timer to switch OFF only (max. cooking period 3 hrs.)

1) To set the cooking period turn the upper knob (A) clockwise to the required cooking period cooking will start.
2) Turn the oven control to the required cooking temperature.
3) The oven will switch off automatically when the cooking period has elapsed a bell will ring for approximately 4 minutes. This can be cancelled by turning the upper knob (A) clockwise to the position indicated in the window.
4) When the meal has been cooked always turn the oven control OFF and return the timer to manual by turning the upper knob (A) clockwise to the position indicated in the window.

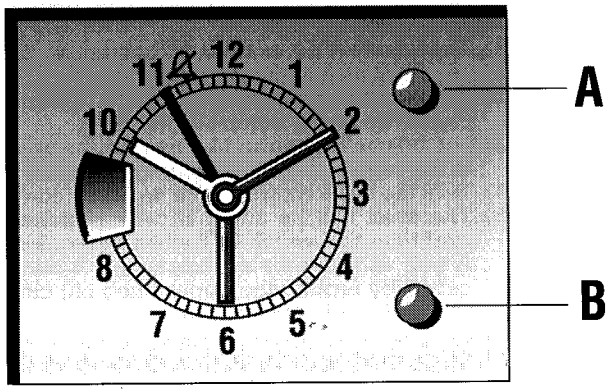
Minute Minder (max. period 55 mins.

1) Turn the lower knob (B) anti-clockwise to set required period.
2) When the cooking period has elapsed a bell will ring for approximately 4 minutes this can be cancelled by turning the lower knob (B) anti-clockwise to the position. The minute minder can be set during programmed cooking period, timing independently.

Oven Timer Operation

Important

Before using your oven in the ordinary way, always make sure that the timer has been set to manual operation. Unless this is done, the oven cannot heat up. Before seeking assistance, make sure you have done this.



'Slow' Setting Menus

Fruity Chicken Casserole

4 chicken joints
1 red pepper, de-seeded and sliced
2 sticks of celery, chopped
1 large onion, peeled and sliced
100g (4oz) mushrooms, sliced
400g (14oz) can sliced peaches
3 tablespoons cornflour
1 tablespoon soya sauce
3 tablespoons malt vinegar
Salt and pepper

1. Skin chicken joints and place in 2 litre (3 1/2 pint) casserole dish.
2. Fry pepper, onion, celery and mushrooms in oil.
3. Cover chicken with vegetables.
4. Drain fruit, reserving juice, and add to casserole.
5. Blend cornflour with soya sauce, vinegar and reserved juice, bring to the boil in a saucepan, add seasoning and pour into casserole dish.

Rice Pudding

50g (2oz) pudding rice
Knob of butter
25g (1oz) sugar
500ml (1pt) milk, warmed
Grated nutmeg

1. Place the washed rice into a greased dish and dot with butter.
2. Dissolve the sugar in the heated milk and pour over the rice.
3. Sprinkle grated nutmeg over the top.
4. Leave uncovered, place in oven.

Hob

Method

Parsnip and Apple Goulash

1 garlic clove, finely chopped
1 onion, peeled and chopped
1 tablespoon vegetable oil
1kg (2lb) parsnips, peeled and chopped
2 tablespoon paprika
2 teaspoon plain four
2 large cooking apples, peeled, cored and chopped
750ml (1 1/2 pints) vegetable stock
2 tablespoon tomato puree
pinch dried thyme
1 bay leaf

1. Gently fry garlic in oil, add parsnips and paprika, sprinkle over flour and cook gently for 1-2 minutes.
2. Add remaining ingredients and bring to boil. Reduce heat to a simmer setting, cover pan and cook for 50-60 minutes.

'Slow' Setting Menus

Menu 5 continued

Spiced Bread Pudding

225g (8 oz) slightly stale bread
250ml (1/2 pint) milk
2 eggs
1 tablespoon brandy, optional
175g (6 oz) mixed dried fruit
40g (1 1/2 oz) demerara sugar
50g (2 oz) melted butter
1 teaspoon mixed spice
Finely grated rind of 1 lemon
Grated nutmeg
Caster sugar

1. Grease shallow ovenproof dish. Line base with greased greaseproof paper.
2. Cut bread into very small pieces.
3. Bring milk to boil and pour over bread. Add pinch of salt, allow to stand for about 20 mins or until pulped.
4. Lightly beat eggs and stir into bread mixture with brandy, dried fruit, sugar, butter, mixed spice and lemon rind. Mix well together.
5. Turn mixture into prepared dish. Sprinkle with little nutmeg and caster sugar.
6. Place in oven.

Ratatouille

375g (12 oz) aubergines
Salt
225g (8 oz) onions, peeled and sliced
1-2 cloves of garlic, crushed
2 tablespoons vegetable oil
375g (12 oz) tomatoes, skinned and roughly chopped
375g (12 oz) courgettes, sliced
375g (12oz) red peppers, de-seeded and sliced
Bunch of fresh herbs
Salt and pepper
Chopped parsley

1. Slice aubergines and sprinkle with salt, leave for 30 mins, pat dry.
2. Cook onions gently with garlic, in oil until soft.
3. Add remaining ingredients, and heat thoroughly.
4. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

Menu 6

Tomato Soup
Fruity Chicken Casserole
Rice Pudding

Method

Cook on 'Slow' setting for 7 hrs.

Tomato Soup

1 medium sized onion, peeled and chopped
15ml (1 tbsp) vegetable oil
675g (1 1/2 lb) tomatoes, roughly chopped
500ml (1 pint) vegetable stock
Salt and pepper
5ml (1 level tsp) caster sugar

1. Fry onion gently in oil until soft.
2. Add tomatoes, stock, seasoning and bring to boil.
3. Place in casserole dish cover with foil and lid and place in oven.
4. Before serving, sieve soup.
5. Reheat, adjust seasoning if necessary and stir in sugar.
6. For cream of tomato soup stir in 50 ml (2floz) cream and reheat soup very gently without boiling. Garnish with a swirl of cream.

Ceramic Hob

CAUTION: AS SOON AS ANY CRACK IN SURFACE BECOMES VISIBLE, DISCONNECT THE APPLIANCE IMMEDIATELY FROM THE SUPPLY.

Under no circumstances should the hob be used with aluminium foil in contact with the hob surface.

Under no circumstances place plastic vessels or utensils on a hot hob surface.

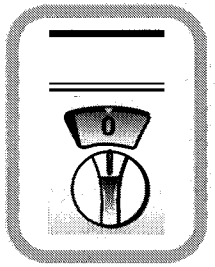
Under no circumstances use the hob as an area for storage.

The following ceramic heaters are located beneath the circular cooking areas:–

Front Right – 1200w Solarglo
Rear Right – 1800w
Rear Left – 1200w
Front Left – 1800w Solarglo

The cooking areas change colour when heated (become red) indicating which heating element is turned on. The cooking area returns to its original colour when the heating element is switched **OFF and cools.**

Use of Hotplates



When the control is turned from the **O** position, the numbers uppermost will show settings of **1-hi. hi** is the highest setting, for fast cooking. To reduce the heat to cook more slowly or simmer, turn the knob to a lower setting which will vary according to size and type of saucepan, the amount and type of food, and whether or not the lid is fitted. Pans can be placed on the unheated areas of the panel when cooking is finished and before serving food. **Do not** leave a heating element switched on without a pan in position as this wastes energy, and could make soil or rub-off from aluminium pans more difficult to remove. To protect elements against overheating, safety cut-outs have been incorporated with each element. After several minutes with the control at setting **hi,** the safety cut-out switches the element **Off** and **On** continuously, thus preventing any adverse effects that may be caused by an excessive build-up of heat in the cooking area.

Settings **1** to **4** provide inputs of 8% to 40% for simmering.

The control will be **Off** when **O** shows uppermost.

If hob should become cracked, **Do not use until repaired.**

General Information Notes - Ceramic Hobs

PANS SHOULD BE:

Not concave (bowed in)

Not convex (bowed out)

Not rimmed

Not deeply ridged

But essentially Flat

Always ✓	Never ✗
● Use good quality flat-based cookware on all electric heat sources. ● Always ensure pans have clean, dry bases before use. ● Ensure pans match size of heating area. ● Remember good quality pans retain heat well, so generally only a low or medium heat is necessary. ● Ensure pan handles are positioned safely and away from heat sources. ● Always lift pans, do not drag. ● Always use pan lids except when frying. ● Deal with spillage's immediately but with care.	● Use gauze, metal pan diffusers, asbestos mats and stands e.g. Wok stands – they can cause overheating. ● Use utensils with skirts or rims e.g. buckets and some kettles. ● Use badly dented or distorted pans. ● Leave an element switched on when not cooking. ● Cook food directly on the ceramic glass. ● Drag or slide utensils, along the hob surface.

THE BEST COMBINATIONS
This table is a general guide to the types of pan suitable for different types of hobs and cookers. Remember pans should be good quality, with smooth, flat bases. For any further information refer to manufacturers' instructions.

	Ceramic*	Halogen*
Aluminium	✓	✓
Stainless steel with single layer copper base	✗	✗
Stainless steel with sandwich bases of aluminium and stainless or aluminium and copper.	✓	✓
Enamelled steel	✓	✓
Enamelled aluminium	✓	✓
Enamelled based cast iron	✓ With Extra Care	
Copper	✗	✗
Toughened glass or ceramic/ glass/pottery	Not Recommended	
Mild steel, Ferro-magnetic or stainless with a magnetic sandwich base	✓	✓

✓suitable ✗ unsuitable
***care should be taken when using any pans on these surfaces not to drag and cause scratching.**

'Slow' Setting Menus

Jacket Potatoes

4 Large potatoes

1. Scrub the potatoes, prick well.
2. Wrap each potato in a piece of cooking foil.

Pear Pudding

50g (2 oz) butter } Melted
50g (2 oz) dark brown sugar } together
100g (4 oz) margarine
100g (4 oz) caster sugar
2 size 4 eggs
100g (4 oz) self raising flour, sieved
1/4 teaspoon almond essence
3 pears, peeled, cored and cut into 4

1. Coat base of souffle dish with melted butter and sugar.
2. Cream together margarine and sugar until light and fluffy.
3. Beat in each egg, fold in flour, and stir in almond essence.
4. Place prepared pear slices in base of dish then cover with cake mixture.
5. Cover dish tightly with foil.
6. Place in oven.

Menu 5

Rich Onion Soup
Honey Roast Ham
Ratatouille
Bread Pudding

Method

Cook on 'Slow;' setting for 7 hrs

Rich Onion Soup

450g (1 lb) onions, peeled and thinly sliced
25g (1 oz) butter
1 tablespoon vegetable oil
1 teaspoon salt
1\2 teaspoon brown sugar
40g (1 1/2 oz) plain flour
750ml (1 1/2 pint) brown stock
125ml (1/4 pint) stout or brown ale

1. Gently cook onions in butter and oil in large saucepan for 5 minutes.
2. Add salt and sugar and cook for 2 minutes.
3. Remove from heat and stir in flour, stock and beer.
4. Bring to boil. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

Honey Roast Ham

2kg (4 1/2 lb) joint middle cut gammon
Sauce:
2 tablespoons honey
2 tablespoons sherry
1 tablespoons demerara sugar

1. Soak gammon in cold water overnight. Drain and dry.
2. Coat with sauce, wrap in foil.
3. Place in tin.
4. Cook on 180°C for 30 minutes. Add rest of meal to oven and set to' Slow' setting for 7 hrs.

'Slow' Setting Menus

Menu 3 continued

10 oz (275 g) long grain rice
3 tablespoons (45 ml) oil
1 1/4pt (625 ml) water

Long Grain Rice

1. Wash the rice.
2. Fry the rice in oil until lightly browned.
3. boil the water , add salt and place with rice in casserole dish.
4. cover dish tightly with foil and lid.
5. place in oven.

Fruit Crumble

675g (1 1/2 lb) Fruit, prepared
75g (3 oz) Caster sugar
175g (6 oz) Plain flour
75g (3 oz) Butter
75g (3 oz) demerara sugar

1. Place prepared fruit and sugar in dish.
2. Rub butter into flour until it resembles fine breadcrumbs.
3. Stir in demerara sugar and mix well.
4. Sprinkle over fruit.
5. Place in oven.

Menu 4

Salmon Pate
Roast Lamb
Jacket Potatoes
Pear Pudding

Method

Cook on 'Slow' setting for 7 hrs.

Salmon Pate

450g (1 lb) cooked, or canned salmon, pink or red
4 x 2.5 cm (1") thick slices of white bread from large loaf
250ml (1/2 pint) milk
25g (1 oz) butter, softened
1 egg yolk
2 tablespoons chopped parsley
Juice of 1/2 lemon
Salt and Pepper

1. If using canned salmon, drain. Flake salmon into bowl.
2. Break bread into small pieces and soak in milk for 5-10 mins, or until soft. Stir into fish
3. Add softened butter, egg yolk, parsley, lemon juice and seasoning. Beat together till thoroughly mixed.
4. Turn mixture into 500ml (1 pint) greased ovenware dish and cover with foil.
5. Place dish in larger dish containing 2.5 cm (1") of hot water.
6. Cover completely with foil. Place in oven, carefully.

Roast Lamb

1.25 kg (2 1/2 lb) Leg of Lamb
1 teaspoon rosemary
1 tablespoon parsley, chopped
Salt and pepper
Bay leaf

} Mixed together

1. Wipe meat. Place in piece of foil.
2. Season well with mixture and wrap tightly in foil.
3. Place on rack in dish.
4. Cook in oven at 170°C for 30 minutes before setting to 'Slow'.

General Information Notes (Ceramic Hobs)

Do Not

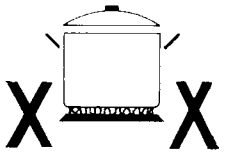
Do not cook directly on the hob surface without a cooking utensil, as this will result in damage to the surface of the hob.

Do not use the hob as a worktop surface as damage may occur to the smooth surface of the hob.

Do not drag or slide utensils on the hob surface, as this will cause scratches in the surface of the hob.

Do not allow a cooking utensil to come into contact with the hob surround.

Do not place anything between the base of the utensil and the ceramic hob, e.g. do not use asbestos mats, aluminium or wok stand.



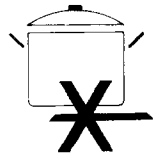
Do not leave any utensils, food or combustible items on the hob when it is not in use.

Do not place aluminium or plastic foil, or plastic containers on the hob.

Do not leave the hotplates or cooking areas switched **On** unless they are being used.

We recommend not to place large preserving pans or fish kettles across two heating areas.

Do not leave utensils partly covering the heated areas. Always ensure that they are placed centrally over the heated areas and have the same diameter as the heating area used.



We recommend not to use a utensil with a base diameter greater than 25cm (10ins).

Pressure cookers or other large pans should be used on the front cooking areas.

Always ensure that saucepan handles are positioned safely.

General Information Notes (Ceramic Hobs)

IMPORTANT – As with any cooking appliance there could be some fire risk attached to the heating of oil, particularly for deep fat frying, cooking utensils containing oil **must not be left unattended** (e.g. to answer the telephone) on or in close proximity to the patterned cooking areas.

In the unfortunate event of a chip pan fire:
1. Switch **Off** the electricity supply.
2. Smother flames with a fire blanket or damp cloth.

Burns and injuries are caused almost invariably by picking up the burning pan and rushing outside with it.

Safety requirements for deep fat frying

1. Use a deep pan, large enough to completely cover the appropriate heating area.
2. Never fill the pan more than one-third full or fat or oil.
3. Never leave oil or fat unattended during the heating or cooking period.
4. Do not try to fry too much food at a time, especially frozen food. This only lowers the temperature of the oil or fat too much, resulting in greasy food.
5. Always dry food thoroughly before frying, and lower it slowly into the hot oil or fat. Frozen foods, in particular, will cause frothing and spitting, if added to quickly.
6. Never heat fat, or fry, with a lid on the pan.
7. Keep the outside of the pan clean and free from streaks of oil or fat.

'Slow' Setting Menus

Braised Topside au Poivre

450g (1 lb) Topside of beef, cut into 4 slices
1 tablespoon black peppercorns, crushed
Salt
25g (1 oz) butter
2 tablespoons vegetable oil
4 small courgettes, thickly sliced
4 tomatoes, sliced
125ml (1/4 pint) red wine

1. Sprinkle beef with peppercorns and salt.
2. Heat butter and oil in frying pan, cook half the courgettes and tomatoes, place in bottom of casserole dish.
3. Fry meat on both sides and place on top of vegetables, then cook remaining vegetables and place on top of meat in casserole dish.
4. Add red wine to pan and bring to the boil. Pour into casserole dish.
5. Cover dish with foil and fit lid tightly.
6. Place in oven.

Rhubarb and Raspberry Crunch Layer

100g (4 oz) butter, melted
100g (4 oz) rolled oats
100g (4 oz) digestive or ginger biscuits coarsely crushed
50g (2 oz) mixed chopped nuts
175g (6 oz) demerara sugar, divided in half
Good pinch of cinnamon
450g (1 lb) rhubarb, cut into 2.5cm (1") lengths
225g (8 oz) frozen raspberries

1. Mix together butter, oats, crushed biscuits, nuts, half sugar and cinnamon.
2. In another bowl mix remaining sugar and fruits together.
3. Place half fruit in bottom of a 1.1 litre (2 pint) greased ovenproof dish. Sprinkle with half biscuit mixture.
4. Repeat layers.
5. Place in oven.

Menu 3

Chilli Con Carne
Rice
Fruit Crumble

Method

Cook on 'Slow' setting for 7 hrs.

Chilli Con Carne

675g (1 1/2lb) minced beef
15ml (1 tbsp) vegetable oil
1 large onion, skinned and chopped
1/2 green pepper, seeded and chopped
2 x 425g (15 oz) can tomatoes, chopped
Salt and Pepper
1 tablespoon chilli powder
1 teaspoon brown sugar
2 tablespoons tomato puree
425g (15 oz) can red kidney beans, blended together

1. Fry minced beef in oil until lightly browned, add onion and pepper and fry for 5 mins, until soft.
2. Blend together chilli powder, brown sugar and tomato puree.
3. Stir in tomatoes, chilli paste and seasoning. Bring to boil.
4. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

'Slow' Setting Menus

Menu 1 continued

Braised Red Cabbage

225g (8 oz) onion, peeled and chopped
2 tablespoons vegetable oil
450g (1 lb) red cabbage, finely shred
225g (8 oz) cooking apple, peeled, cored and diced
225g (8 oz) pear, peeled, cored and diced
3 tablespoons brown sugar
1/2 teaspoon nutmeg
Salt and Pepper
3 tablespoon cider vinegar
Juice of 1 orange

1. Place onion and oil in pan and cook for 3 minutes.
2. Add cabbage, apple and pear and cook for 3-4 minutes. Place in casserole dish.
3. Add remaining ingredients to pan and heat to boiling. Pour over vegetables.
4. Cover dish tightly with foil and lid.
5. Place in oven.

Summer Pudding

8-10 slices of bread, crusts removed
50g (2 oz) butter melted
50g (2 oz) demerara sugar
375g (12 oz) prepared fruit, eg. strawberries, raspberries etc.
50g (2 oz) caster sugar
2 tablespoons water

1. Grease a basin or souffle dish with butter and sprinkle with sugar.
2. Line with buttered and sugared bread, placing the buttered side towards the out side of the basin.
3. Pack firmly with fruit and add sugar and water.
4. Cover with buttered, sugared bread.
5. Cover dish with foil.
6. Place in oven.

Menu 2

Spring Vegetable Soup
Braised Topside au Poivre
Rhubarb and Raspberry Crunch Layer

Method

Cook on 'Slow' setting for 7 hrs.

Spring Vegetable Soup

3 medium sized carrots, peeled and sliced
2 medium sized onions, peeled and diced
2 sticks celery, cut into 1" pieces
15g (1/2 oz) butter
58g (2 1/4 oz) can tomato puree
2 vegetable stock cubes
Salt and Pepper
50g (2 oz) sliced green beans
100g (4 oz) shredded white cabbage
1 teaspoon cornflour, blended with a little cold water

1. Melt butter in pan, add carrots, onions and celery and fry gently for 3-4 minutes.
2. Stir in tomato puree, crumbled stock cubes, 1 litre (1 3/4 pints) water and seasoning.
3. Bring to the boil, transfer to large casserole dish.
4. Add remaining ingredients to dish, cover tightly with foil and lid.
5. Place in oven.

Choosing Your Utensils

Choosing your utensils

Below are some guidelines to help you make the right choice of utensils.

To obtain a satisfactory performance from a ceramic hob and to avoid unnecessary damage, we recommend the use of good quality utensils with smooth flat bases.

Remember

1. Purchasing a new pan will not necessarily mean it will have a flat base, always check before buying. See diagram below.
2. Using the correct pans and utensils will result in maximum contact with the hob and maximum efficiency as with any type of electric hob.

Do Use

Do use good quality smooth flat based utensils.

Do use a utensil which has approximately the same base area as the heating area zone being used.

Do use utensils which have more than sufficient capacity for the amount of food being cooked to prevent boil over or spillage.

Do use utensils with good fitting lids.

Do use a low dome pressure cooker for best results.

Good quality flat base same size as element | Convex base too small | Concave base | Too small | Too large | No pan Element ON

Important

WARNING: Extreme caution should be used when cleaning the hot hob.

1. Always clean up any spillage immediately with a clean cloth or a paper towel to avoid unnecessary damage to the hob.

   Extreme care should be taken to avoid steam burns and hot surfaces when cleaning spillage from the hob.
2. When cooking food which contains sugar (most food) or syrup, use a utensil which is large enough to prevent boil over or spillage. **Sugar spillage will permanently damage the hob and therefore should be cleaned off with care immediately.** If sugar spillage has occurred, remove it whilst it is still hot. This will avoid any damage. **NEVER LET IT COOL BEFORE REMOVING.**
3. Always ensure that the base of the utensil is dry before placing on the ceramic hob.

Choosing Your Utensils

Do Not

Do not use utensils with rough bases.

Do not use lightweight utensils with thin, distorted or uneven bases.

Do not use lightweight enamelled steel utensils.

Do not use cast iron utensils.

Do not use utensils with recessed, scrolled (like a gramophone record) or ridged bases.

Do not use a utensil which has a base concavity greater than lmm as this will reduce the performance of the hob.

Do not use a utensil with a convex base.

Do not use glass ceramic utensils.

Do not use use lightweight saucepans with plain thin copper bases on ceramic or halogen hotplates.

Note: All copper pans are excellent conductors of heat, and are hard wearing and strong, but need quite a lot of care. They can be very heavy and do not usually have completely flat bases. The interiors are usually lined with a different material such as tin.

A stainless steel pan with a sandwich base of aluminium and stainless steel is an excellent conductor of heat and is suitable for use on ceramic and halogen hobs, providing they are used in accordance with the saucepans manufacturers' recommendations.

Stainless steel pans with a sandwich base of aluminium and copper are excellent conductors of heat. If using stainless steel saucepans with aluminium and copper sandwich bases on ceramic and halogen hobs, the use of these pans must be in accordance with the saucepan manufacturers' recommendations. Extra care should be taken to ensure the base of the pan and the hob is cleaned, and the hob conditioned, after each and every use, when using this type of saucepan.

If these recommendations are not followed, the result will be a build up of small copper deposits on the surface of your hob which, if not cleaned after each use, will result in permanent marking of your hob.

Always lift the pan from the hob, **do not** drag or slide across the hob surface as damage may occur.

'Slow' Setting Menus

Menu 1

Leek and Potato Soup
Stuffed Peppers
Braised Red Cabbage
Summer Pudding

Method

Cook on a 'Slow' setting for 6 hrs.

Leek and Potato Soup

450g (1 lb) Leeks, trimmed, washed and cut into rings
450g (1 lb) Potatoes, peeled, washed and thinly sliced
2 tablespoons vegetable oil
500ml (1 pint) hot vegetable stock
Salt and Pepper
250ml (1/2 pint) single cream
250ml (1/2 pint) milk

1. Prepare leeks and potatoes.
2. Fry leeks in oil until soft. Add potato slices and cook for 3 minutes.
3. Add stock and seasoning, bring to boil.
4. Transfer to large casserole dish, cover with foil and fit lid tightly. Place in oven.
5. At end of cooking, puree until thick and smooth.
6. Stir in cream and milk and re-heat gently, do not boil.

Stuffed Peppers

4 Peppers, washed
1 tablespoon vegetable oil
1 small onion, peeled and diced
4 mushrooms, wiped and sliced
1 courgette, sliced
2 tomatoes, peeled and chopped
50g (2 oz) long grain rice, cooked
Salt and Pepper

1. Cut tops of peppers, deseed and carefully remove stalks from tops.
2. Blanch in boiling water for 2 minutes, drain.
3. Heat oil in pan, cook onion until soft.
4. Add mushrooms, courgette and tomatoes, cook for 3-4 minutes.
5. Add rice and seasoning, cook for 2 minutes.
6. Place blanched peppers in casserole dish, divide vegetable mixture equally into the peppers. Put lids on peppers.
7. Cover dish tightly with foil and the lid.
8. Place in oven.

Using The 'Slow' Setting

Points to bear in mind when preparing food:-

1. Make sure all dishes will fit into the oven before preparing the food.
2. All dishes cooked by the 'Slow' setting should be cooked for a minimum of 6 hours. They will 'hold' at this setting for a further hour but marked deterioration in appearance will be noticed in some cases.
3. Joints of meat and poultry should be cooked at fan oven 170°C for 30 mins before turning to the Slow setting.
4. Meat over 2.7 Kg. (6 lbs) and poultry over 2 Kg. (4 lbs 8oz) are unsuitable for the Slow setting.
5. Always stand covered joints on a rack over the meat tin, to allow good air circulation.
6. Pork joints can only be cooked, if by testing with a meat thermometer and internal temperature of at least 88°C is reached.
7. This method is unsuitable for stuffed meat and poultry.
8. Always bring soups, casseroles and liquids to the boil before putting in the oven.
9. When casseroles are used, cover the food first with foil and then the lid to prevent loss of moisture.
10. Always thaw frozen food completely before cooking.
11. Root vegetables will cook better if cut into small even sized pieces.
12. Always adjust the seasoning and thickenings at the end of the cooking time.
13. Egg and fish dishes need only 1-5 hours cooking and should be observed from time to time.
14. Dried red kidney beans must be boiled for a minimum of ten minutes after soaking, before inclusion in any dish.

Storage and Re-heating of Food

1. If food is to be frozen or not served immediately, cool it in a clean container as quickly as possible.
2. Thaw frozen food completely in the refrigerator before re-heating.
3. Re-heat food thoroughly and quickly either on the hotplate or in the fan oven, 170°C and then serve immediately.
4. Only re-heat food once.

Temperature Conversion Scale

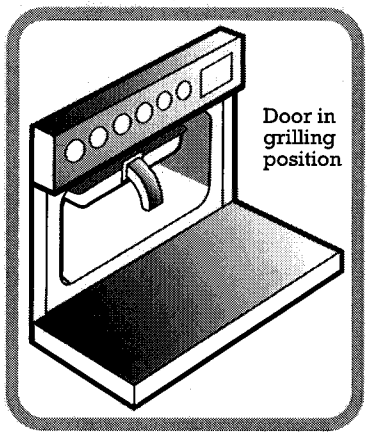
Comparative scale of oven settings (degrees Celsius to degrees Fahrenheit) as recommended by the Association of Manufacturers of Domestic Electrical Appliances.

The temperature control knobs on this electric cooker are marked in degrees Celsius. This chart will help when the recipes show alternative scales.

Gas Mark	Conventional Oven		Fan Oven (It is not always necessary to preheat oven)
	°F	°C	°C
½	250	120	100
1	275	140	120
2	300	150	130
3	325	160	140
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	220

Grill

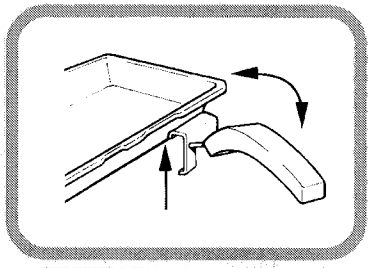
Setting the Grill



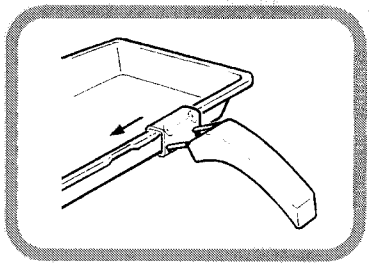
CAUTION – ACCESSIBLE PARTS WILL BECOME HOT WHEN THE GRILL IS IN USE. CHILDREN SHOULD BE KEPT AWAY.
GRILLING SHOULD NOT BE UNDERTAKEN WITH THE GRILL DOOR CLOSED.

Never: line the grill pan with aluminium foil.
Preheat the grill at setting hi for approximately 5 minutes. The grill pan is placed on the runner supports and should be correctly positioned under the grill element. Leave the control at hi for toast, sealing and fast cooking of foods. For thicker foods requiring longer cooking, turn the control to a lower setting after the initial sealing on both sides at hi. The thicker the food the lower the control should be set.
Note: ALWAYS have the door open when grilling.
Remember to switch off the grill control at the end of cooking.

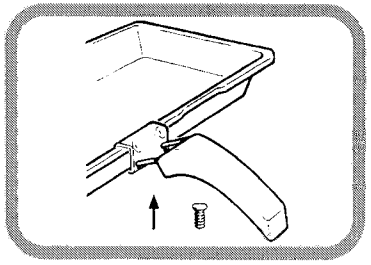
Grill pan handle



The grill pan handle is detachable from the pan, to facilitate cleaning and storage. The handle can be either detachable from or fixed to the pan. For a fixed handle remove the screw and washers from the grill pan bracket, tilt the handle over the recess adjacent to the bracket.



Slide the handle towards the centre of the pan and let the handle locate over the bracket.



Replace screw and washers and ensure that they are fully tightened up. For a detachable handle remove screw and washers from grill pan and discard.

Warning: Ensure when using grill pan handle in the detachable manner it is centralised and secure.

The 'Slow' Setting

This is used for slow cooking, keeping food warm and warming plates for short periods. Extra care must be taken when warming bone china.

Some advantages of slow cooking are:

The oven stays cleaner because there is less splashing.

Timing of food is not as critical, so there is less fear of overcooking.

Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

Cooking times can be extended in some cases by up to 2hrs. for late-comers.

The kitchen stays cooler.

Bearing in mind these advantages, it makes sense to cook larger quantities of food than required and store them in a freezer to be used cold or for re-heating. It is important to follow the guide-lines given for preparing food using the 'Slow' setting.

Recipes For Fan Oven

CHRISTMAS CAKE

225g (8oz) butter or block margarine
225g (8oz) brown sugar
4 eggs
225g (8oz) plain flour
5ml (1 tsp) mixed spice
2.5ml (1/2 tsp) baking powder
200g (7oz) raisins
200g (7oz) sultanas
200g (7oz) currants
50g (2oz) chopped almonds
75g (3oz) glace cherries (cut in pieces)
60ml (4 tbsp) brandy (optional)

1. Cream fat and sugar until light and fluffy.
2. Add eggs one at a time, beating well.
3. Sieve dry ingredients. Add gradually with mixed fruit, cherries and nuts.
4. Bake in lined 20cm (8in) cake tin: 120°C; 2 1/2-3 hours.
   It may be necessary to cover top of cake with brown paper for final hour to prevent overbrowning.
5. Leave in tin to cool a little, before turning out.
6. When cold, prick bottom of cake and sprinkle brandy over. Leave for about a week before icing.

SMALL CAKES

225g (8oz) block margarine
225g (8oz) caster sugar
4 eggs
300g (11oz) self raising flour
Variations:
100g (4oz) sultanas
100g (4oz) chocolate chips
100g (4oz) chopped glace cherries
30ml (2 tbsp) cocoa powder mixed to paste with water
Add any of the above with flour

1. Cream margarine and sugar until light, fluffy and pale in colour.
2. Add each egg, beating well after each addition.
3. Fold in sifted flour, mixing well.
4. Place paper cases on baking trays and two-thirds fill them with mixture.
5. Bake until golden brown and springy to touch: 170°C; 15-20 mins.

SCONES

450g (1lb) plain flour
10ml (2 tsp) cream of tartar
5ml (tbsp) bicarbonate of soda
100g (4 oz) block margarine
225ml (8 fl oz) milk
Variations:
Sultana scones – add 100g (4 oz) sultanas and 50g (2oz) caster sugar
Wholemeal scones – use half quantity of wholemeal flour
Cheese scones – add 100g (4oz) grated cheddar cheese and 5ml (1 tsp) dry mustard

1. Sift together flour, cream of tartar and bicarbonate of soda.
2. Rub in margarine until mixture resembles fine breadcrumbs.
3. Make a well in centre. Stir in enough milk to give fairly soft dough.
4. Turn onto lightly floured surface. Knead lightly to remove any cracks. Roll out to about 15mm (3/4 in). Cut out 5cm (2in) rounds. Place on baking sheet.
5. Knead remaining dough and re-roll.
6. Bake until well risen and golden brown; preheat; 210°C; 9-12 mins.

Grill Chart

Guide to grilling successfully

Food	Preheat for 5 mins before use	Setting	Approx. Cooking Time
Toasting of Bread Products	6	6	3-5 mins.
Small cuts of meat – Sausages, Bacon	6	5-6	8-15 mins.
Chops, etc. Gammon steaks Chicken pieces	6	4 1/2 - 5 1/2	25-30 mins. Grid used in upturned position for chicken.
Fish: Whole Fillets Fingers	6	5 1/2	10-20 mins. Whole fish and fillets placed in base of grill pan.
Fish in Breadcrumbs	6	4 1/2 - 5	15-25 mins.
Pre-cooked potato products	6	5 1/2	10-12 mins.
Pizzas	6	5	12-15 mins. in base of grill pan.
Browning of food	6	6	8-10 mins. Dish placed directly on base of grill pan and the pan placed on base of compartment.

Main Oven Cookery Notes

The oven is fitted with 'Credaclean' liners, two rod shelves and a meat pan. Remove the meat pan if it is not being used.

To heat the oven, turn the control knob clockwise, selecting the required temperature 80°C (150°F) and 230°C (450°F) as recommended in the temperature chart. The pilot light will immediately come on and remain on until the oven reaches the required temperature. This light will then automatically go off and on during cooking as the oven thermostat maintains the correct temperature.

It should be noted that at the end of a cooking period there may be a momentary puff of steam when the oven door is opened. This will disperse in a few seconds and is a perfectly normal characteristic of an oven with a good door seal.

Since a Circulaire fan oven heats up more quickly, and generally cooks food at a lower temperature than a conventional oven, pre-heating the oven is often unnecessary. However food such as bread, scones, Yorkshire pudding, do benefit from being placed in a pre-heated oven.

The charts in this booklet are a guide only, giving approximate cooking temperatures and times. To suit personal taste and requirements, it may be necessary to increase or decrease temperatures by 10°C.

Unless otherwise indicated in the charts, food is placed in a cold oven, i.e. without pre-heating. If food is placed in an already hot oven, the suggested cooking time should be reduced, depending on the type and quantity of food being cooked.

Oven Positions

Since the distribution of heat in the circulaire ovens is very even, most foods will cook satisfactorily on any shelf position, but the shelves should be evenly spaced. Do not fit shelves upside down. Additional shelves can be purchased through your oven supplier or Creda spares. Never use more than 3 shelves in the oven as air circulation will be seriously restricted. To ensure even circulation do not use meat pans larger than 390 x 300mm (15" x 12") and baking trays no larger than 330 x 255mm (13" x 10"), these should be positioned centrally on the oven shelf. Food should not be placed directly on the floor of the oven. To avoid unnecessary cleaning, rod shelves which are not in use should be removed from the oven.

Temperature and Time

When **three** shelves are used to cook large quantities of food for home freezing or parties, it may be necessary to increase the cooking times given in the charts in this booklet by a few minutes, to allow for the loss of heat due to the extra time taken to load the oven, and the larger mass of food. Baking trays should allow an equal gap at either side of the oven.

N.B. Recipes in cookery books give times and temperatures for cooking in ordinary ovens. The introduction of improved thermal insulation on Circulaire fan ovens makes it possible, in most cases, to reduce (a) the recommended temperature by 25°C (45°F) and (b) the recommended time by approximately 10 minutes per hour.

Recipes For Fan Oven

BATTERS

Basic Recipe:

100g (4oz) plain flour
Pinch of salt
1 large egg
250ml (½ pint) milk and water mixed in equal quantities

1. Sieve flour and salt into basin.
2. Make a well in centre and add egg plus one-third of liquid.
3. Beat well until mixture is smooth.
4. Add another third of liquid and again beat well until smooth.
5. Lightly stir in remaining liquid.
6. If possible, allow batter to stand in cool place for at least half an hour.

YORKSHIRE PUDDING

1. Place 25g (1oz) dripping into shallow ovenproof dish or 22.5cm (9in) square Yorkshire pudding tin and place in top of oven to heat for 10 minutes.
2. Pour batter into hot fat.
3. Bake: preheat; 180°C; 35-45 mins.

ALL-IN-ONE VICTORIA SANDWICH

100g (4oz) soft tub margarine
100g (4oz) caster sugar
2 eggs
100g (4oz) self raising flour
5ml (1 tsp) baking powder

1. Place all ingredients into a bowl.
2. Beat with a wooden spoon for 2-3 minutes or beat in electric mixer for 1 minute.
3. Grease and line two 18cm (7in) sandwich tins.
4. Place mixture into prepared tins.
5. Bake: 150-160°C; 20-30 mins.

VICTORIA SANDWICH

100g (4oz) block margarine
100g (4oz) caster sugar
2 eggs
100g (4oz) self raising flour

1. Cream margarine and sugar until light, fluffy and pale in colour.
2. Beat in eggs.
3. Sift flour and fold into mixture.
4. Grease and line two 18cm (7in). sandwich tins.
5. Divide mixture equally into tins. Level tops.
6. Bake: 160-170°C; 20-30 mins.
7. Bake until well risen, golden brown and firm to touch.

Recipes For Fan Oven

BEEF STEW AND DUMPLINGS

675g (1½lb) stewing steak, cut into 2.5cm (1 in. cubes)
2 medium sized onions, peeled and quartered
225g (8oz) carrots, peeled and sliced
225g (8oz) swede, peeled and cubed
4 sticks of celery, cut into 2.5cm (1 in.) lengths
500ml (1 pint) beef stock, boiling
30ml (2 tbsp) tomato puree
5ml (1 tsp) mixed dried herbs
Salt and pepper
Dumplings:
100g (4oz) self raising flour
Pinch of salt
50g (2oz) shredded suet
15ml (1 tbsp) chopped parsley
Cold water to mix

1. Place meat, vegetables, stock, puree, herbs and seasoning in large casserole dish.
2. Cover dish.
3. Bake: 140°C; 1½-2 hours.
4. Cook until meat is tender.
5. Make dumplings: mix flour, salt, suet and parsley together in bowl.
6. Add enough water to make soft dough.
7. Divide into 4 pieces, from each into ball and place on top of stew.
8. Cover and continue to cook for further 20-30 minutes or until cooked through.

FRUIT PLATE TARTS

Pastry:
800g (1¾lb) plain flour
200g (7oz) block margarine
200g (7oz) cooking fat
250ml (10floz) cold water
Filling:
675g (1½lb) prepared fruit
50g (2oz) sugar

1. Make pastry. Sift flour into bowl, rub in fats until mixture resembles fine breadcrumbs.
2. Gradually add cold water to bind pastry together to form stiff dough.
3. Turn onto lightly floured surface. Knead lightly then divide pastry into four equal pieces.
4. Roll out two pieces to line base of two 25cm (10in) plates. Roll out remaining two pieces and leave to one side.
5. Prepare fruit for filling. Divide equally between the two pastry lined plates, adding the sugar.
6. Dampen edges of pastry with water. Cover fruit with rolled out pastry.
7. Trim and seal edges. Make a slit in the top of the pastry.
8. Bake: 180°C; 35-45 mins.

RICE PUDDING

40g (1½oz) pudding rice
25g (1oz) sugar
500ml (1 pint) milk
Grated nutmeg
50g (2oz) sultanas or raisins (optional)

1. Grease pie dish and put in rice and dried fruit (if used).
2. Add sugar and milk, stir well, sprinkle grated nutmeg on top.
3. Bake: 140°C; 2 hours.

Main Oven Cookery Notes

To prepare meat and poultry for roasting in your fan oven.

(a) Wipe the meat or poultry, dry well and weigh it. Meat which has been stored in a refrigerator should be allowed to come to room temperature before cooking, and frozen meat or poultry must be completely defrosted before placing in the oven.
(b) The weight of any stuffing used should be added before calculating the cooking time.
(c) Place meat/poultry in the meat pan supplied with your cooker. Small joints weighing less than 1.75kg (31/2 1lbs) should be roasted in a smaller meat pan/tin - or they may be 'pot roasted' - a small joint in a large meat pan causes unnecessary oven splashing and evaporation of meat juices.
(d) Additional fat should not be added, except for veal, very lean meat or poultry which can either be 'larded' with fat bacon or brushed **very sparingly** with cooking oil or melted fat.
(e) Beef, lamb, mutton and poultry may be dusted lightly with seasoned flour to give a crisp outer surface. The skin of duck and goose should be pricked to release excess fat during cooking, and the rind of pork should be scored, brushed lightly with oil, and rubbed with salt, to give crisp crackling.
(f) Meat and poultry wrapped in, or covered with a tent of aluminium foil will be juicy and tender. Roasting bags offer the same advantages. Always follow the manufacturers pack instructions, and remember to reduce the temperatures given for conventional ovens by approximately 25°C and the time by approximately 10 minutes per hour.
(g) Potatoes for roasting only require to be brushed with cooking oil or melted fat.
(h) It is not necessary to baste when roasting in an electric oven and stock or liquid should not be added to the meat pan since this only causes unnecessary soiling, steam and condensation.

Frozen Meat and Poultry

Joints of meat and whole birds should be defrosted slowly, preferably in a domestic refrigerator (allowing 5 - 6 hours per 450g, 1lb), or at room temperature (allowing 2-3 hours per 450g, 1lb). If however, it is found necessary to accelerate this process, frozen food can be defrosted in the fan oven at a temperature of 70°C/80°C (150/175°F). A 1.5kg (3lb) oven ready frozen chicken, placed in the meat pan, will defrost in approximately 1½ – 1¾ hours.

The breast should be covered with foil, held in position by skewers or string, and the giblets removed after defrosting but before cooking. **THIS METHOD OF DEFROSTING IS ONLY RECOMMENDED FOR MEAT/POULTRY UP TO 2kg (4lb) IN WEIGHT, AND IT IS ESSENTIAL TO COOK IT THOROUGHLY, IMMEDIATELY AFTERWARDS.**

Main Oven Temperature Chart – Meat

Food	Pre-heat	Temperature and Time
Beef	No	160/180°C approx. 20-25 mins. per 450g (1 lb) + 20 mins extra
Lamb	No	160/180°C approx. 25 mins. per 450g (1 lb) + 25 mins extra
Pork	No	160/180°C approx. 25 mins. per 450g (1 lb) + 25 mins extra
Veal	No	160/170°C approx. 25-30 mins. per 450g (1 lb) + 25 mins extra
Chicken/Turkey up to 4kg (8lbs)	No	160/180°C approx. 18-20 mins. per 450g (1 lb) + 20 mins extra
Turkey up to 5.5kg (12lb) over 5.5kg (12lb)	No	150/160°C approx. 13-15 mins. per 450g (1 lb) e.g. 5kg (11lb) = 143-165 mins. 150°C approx. 12 mins. per 450g (1lb) e.g. 10kg (22lb) = 264 mins.
Casseroles/Stews	No	140/150°C approx. 1½–2 hrs

If using aluminium foil:–
1) Remember it is important to increase the cooking time by one third.
2) Never allow foil to touch sides of oven.
3) Never cover oven interior with foil.
4) Never cover oven shelves with foil.

The most accurate method of testing the readiness of joints of meat or whole poultry is to insert a meat thermometer into the centre of a joint, or the thickest part of poultry thighs, during the cooking period. The meat thermometer will indicate when the required internal temperature has been reached.

Beef – Rare – 60°C Medium – 70°C Well done – 75°C **Lamb** – 80°C **Pork** – 90°C **Veal** – 75°C **Poultry** – 90°C

Main Oven Temperature Chart – Baking

Food	Pre-heat	Temperature and Time
Scones	Yes	210/220°C approx. 9-12 mins
Small Cakes	No	160/170°C approx. 15-20 mins
Victoria Sandwich	No	160/170°C approx. 20-25 mins
Sponge Sandwich (fatless)	Yes	160/170°C approx. 15-20 mins
Swiss Roll	Yes	170/180°C approx. 12-15 mins
Semi-rich Cakes	No	140/150°C approx. 1¼-1½ hrs
Rich Fruit Cakes	No	120/130°C – dependent on size
Shortcrust Pastry	No	180/190°C approx. 45-50 mins
Puff Pastry	No	190/200°C – dependent on use
Yorkshire Pudding	Yes	170/180°C approx. 40-45 mins
Individual Yorkshire Puddings	Yes	180/190°C approx. 20-25 mins
Milk Pudding	No	130/140°C approx. 1¾-2¼ hrs
Baked Custard	No	140/150°C approx. 40-50 mins
Bread	Yes	200/210°C approx. 45-50 mins
Meringues	No	70/80°C approx. 3-4 hrs

Note: If soft tub margarine is used for cake making, temperatures recommended by the manufacturers should be followed. Temperatures recommended in this chart refer to cakes made with block margarines or butter only.